



RED PRINCE APPLE SOUP

Try this flavourful soup made with fresh local apples – available in winter. *Serves: 6 to 8*

Ingredients:

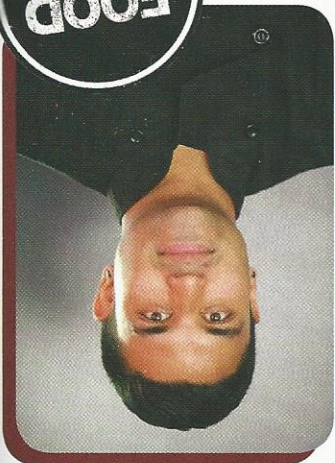
- 6 Red Prince apples
- 1 tsp. salt
- 2 tbsp. unsalted butter
- 3 shallots, minced
- ¼ cup dry cooking sherry
- 4 cups vegetable stock
- 1 tbsp. fresh minced thyme

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Wash and dry apples and half and core them. Place skin side down in a greased baking dish and sprinkle with ¼ teaspoon of salt. Roast on the middle oven rack for 1.5 hours, until you see apple juice caramelize in the bottom of the pan. Remove from oven and set aside.
3. In a large pot, sauté shallots in butter and thyme over medium heat until the shallots are slightly browned – about 10 to 15 minutes.
4. Deglaze pan with sherry and stir until all liquid is absorbed.
5. Pour in vegetable stock and add roasted apples (include caramelized juice). Stir to combine all ingredients. Simmer for about 15 minutes.
6. Remove pot from heat and pour soup into blender. Blend until soup becomes creamy – about three minutes.
7. Return soup to pot and simmer for five minutes.
8. Garnish and serve.

MEET THE FOOD DUDE

In addition to being *Viva's* new food ambassador, Chef Devan Rajkumar is the brand ambassador for The Food Dudes. A critically acclaimed catering company, The Food Dudes is guided by the principles of using the highest quality ingredients, maintaining superior service, and tending to every possible client need. The company also has two Toronto restaurants Junk and Rasa. Check out his first creations for *Viva* on page 86.



DON'T HAVE TIME TO BAKE?

If you want all-natural pastries, but can't seem to find the time to create them in your own home try **The Danish Pastry House**. Located in Oakville, Ontario, the Danish-owned shop uses only the purest and freshest ingredients – no preservatives and no additives – to prepare its authentic Dane recipes. The Danish Pastry House produces fresh baked Danish dough with at least 27 layers so that each pastry is light and flakey. The pastry chefs are all accomplished chefs from Denmark. The results are mouth-watering.

